

Health Promotion Resource Guide

Filling Resource Gaps: Weight Management



Develop a strategy to fill resource gaps for Weight Management Program (WMP) implementation.

START: Make a complete list of all resources required to implement the WMP.

- People
- Materials and equipment
- Space and logistical support

Consider:

- What additional resources might be required if the WMP is more successful than anticipated?
 - What if 100 people sign up to join a 25-participant class? How will you handle that?

⇒ Then, identify which of these resources you have available and identify the resource gaps.

NEXT: Use effective resource management to fill the gaps

- **Network** in the community (use Red Cross volunteers, medical interns, nursing students, MTF subject matter experts, local community agencies).
- Use materials that **already exist** or are **on hand** whenever possible. Check government web sites (such as the CDC and NIH) for free materials; find out what other departments already have.
- Use **local resources** (PAO, local graphic artists, local organizations).
- **Communicate:** take advantages of all communication channels to spread the word about your WMP.

HELPFUL HINT: Identify costs that can be split and resources that can be shared between you and another organization or department.

Other lessons learned about WMP resource management

- Before asking for more resources, **run one program from start to finish**. You need to have a clear picture of exactly what resources are needed.
- Keep **track** of all **time** spent on the WMP, including preparation, networking, and follow-up.
- **Capture time** spent on “after-class questions” by speaking to participants one-on-one and coding this **private consultation** as an individual counseling session.
- Make **friends** with your **Resource Manager** (RM). An RM may know of funding options you would never think of.
- Don't overlook resources that are available in the **local community**: colleges and universities; non-profit organizations; Family Support Groups; Officer's Wives Clubs; local business support; local and state agencies; county and regional coalitions (i.e., Tobacco Cessation or Diabetes); local commercial fitness centers; and local recreation councils.

Bottom line

Some WMP resources you will already have; some resources you will have to find. Sometimes, you will have to make something out of very little. However, smart strategies can maximize your health promotion budget and fill WMP resource gaps.

For more Health Promotion Resource Guides, go to <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

For more information about the HPPI Program email: hppi_program_info@amedd.army.mil.